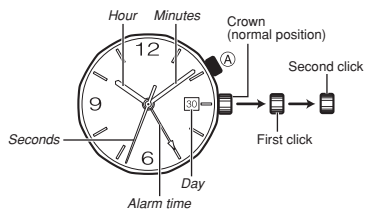


■ Setting the Time



1. Pull the crown out to the second click.
 - This causes the second hand to stop.
2. Set the hands by turning the crown.
3. Push the crown back in to the normal position to restart timekeeping.

Notes

- Some water resistant models are equipped with a screw lock crown.
- With such models, you must unscrew the crown by turning it towards you before you can pull it out. Do not pull too forcibly on such crown.
- Also note that such watches are not water resistant while their crowns are loosened. Be sure to screw the crowns back in as far as they will go after making any setting.

For watch with the elapsed time bezel

Rotate the elapsed time bezel to align the ∇ mark with the minute hand.

After certain amount of time elapsed, read the graduation on the elapsed time bezel which the minute hand points to. The elapsed time is indicated.



■ Setting the Day

1. Pull the crown out to the first click.
 2. Set the day by turning the crown towards you.
 3. Push the crown back in to the normal position.
- Avoid setting the day between 9:00 p.m. and 1:00 a.m. (the day display may not change in the following day).

■ Using the Alarm

While the alarm is turned on, the alarm sounds whenever the hour hand becomes aligned with the alarm hand (twice a day). The alarm also sounds again at intervals of approximately two and a half minutes if you do not turn it off.

To set the alarm time

1. Pull the crown out to the first click.
2. Set the alarm time you want by turning the crown away from you.
3. Push the crown back in to the normal position.

To turn the alarm on and off

Pull out (A) to turn the alarm on. Push (A) in to turn the alarm off.

- Note that the alarm of this watch is an analog type, which means the alarm sounds when the hour hand aligns with the alarm hand. The alarm sounds twice a day if you leave it on. If the alarm hand is pointing at 6, for example, the alarm will sound at 6:00 a.m. and 6:00 p.m.

To stop the alarm

The alarm continues to sound for about 12 seconds, or until you stop it by pushing (A) in.

- Leave (A) pushed in when you do not need to use the alarm. If you want to use the snooze feature, pull out (A) after stopping the alarm. The alarm will sound up to six times at intervals of approximately two and a half minutes while (A) is pulled out.